

Corn Bread

Makes: 12 Servings

This moist cornbread is likely to become your favorite!
Enjoy it as a side dish with your meals.

Ingredients

nonstick cooking spray

1 1/4 cups flour

1 cup cornmeal

1/3 cup sugar

3 teaspoons baking powder

1/4 teaspoon salt

1 egg

1 cup low-fat milk

1 can low-sodium corn, drained (about 15 ounces)

Directions

1. Preheat oven to 400 degrees F. Coat a 9x9-inch baking dish with nonstick cooking spray.
2. In a large bowl, combine flour, cornmeal, sugar, baking powder, salt, egg, vegetable oil, milk, and corn and mix well. Pour into baking dish.
3. Bake 20 to 25 minutes or until top is browned and a toothpick or fork inserted into the center of the pan comes out clean.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	5 g	
Protein	4 g	
Carbohydrates	32 g	
Dietary Fiber	1 g	
Saturated Fat	0.5 g	
Sodium	184 mg	